



Disaster Resistant Times

Shenandoah Valley Project Impact
Citizen Corps Council and CERT Team
Newsletter

December 2003



Welcome To Our First Newsletter!

As part of Shenandoah Valley Project Impact's efforts to keep our Citizen Corps Council and CERT team members updated on current disaster preparedness and mitigation information, we will be distributing our newsletter once a month. Topics will include, upcoming workshops and training opportunities, information on disaster preparedness and mitigation, volunteer needs of our regional first responders and service organizations, and the latest disaster news. Please take a moment each month to read the newsletter and feel free to share this information with anyone you think it will benefit!



CERT Team Volunteer Activities

We are now working with our first responder community to develop our **Volunteer Needs Database** that will be up and running later this winter. In the meantime, here are a few activities you can pursue on your own to use your CERT training and to help your neighbors:

If you have a neighbor with a medical condition or physical limitations, offer to shovel snow from their sidewalks or driveway to make access to and from their home safer.

If the power goes out due to an ice storm, check on neighbors to make sure they have alternative sources for heat.

In the advent of an approaching winter storm, offer to pick-up groceries and supplies for a friend or neighbor who may have limited or no transportation.

Work with a person with special needs to help them create an individual preparedness plan.

Make sure your disaster kit is complete.

Training Opportunity:

During the winter while you are stuck indoors, it is the perfect time to take an independent study course through FEMA's Emergency Management Institute (EMI). Courses are offered free-of-charge and the materials can be downloaded from the internet. Each course includes lessons with practice exercises and a final exam. If you score 75 percent or better on the exam you are issued a certificate of achievement from EMI. There are forty courses you can take. Course topics include, Emergency Preparedness, Animals in Disaster, Principles of Emergency Management, Disaster Basics, and Introduction to Mitigation.

For more information log onto the
Independent Study website at

<http://training.fema.gov/emiweb/is>



Holiday Safety Tips:

Candles: Keep candles away from decorations or other combustible items. Never leave children unattended with candles. Never display lighted candles in windows or near exits.

Tree Trimmings: Use only lights tested by a laboratory. Never use candles to decorate trees. Don't overload outlets. Always unplug all lights before leaving or going to bed.

Christmas Trees: Choose fresh trees and secure in sturdy stands, place trees away from heat sources and exits. Water daily and choose artificial trees that are fire retardant.

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